



# OSHC at Home

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## Weekly Planner

- Activity Sheet
- Video Activity
- Reading Corner
- Challenge
- Live Stream
- STEM
- Art & Craft
- Mindfulness
- Physical Activity
- Cooking
- All Ages
- Ages 5-7
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- Hands On
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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### Lava Lamp Creation

Bring out your curiosity today and make your own spectacular lava lamp. All you'll need is some oil, water, food dye and soluble dental tablets. What do you think makes the bubbles?



### Bubble Snake Mayhem

Did you know you can make HUGE bubble snakes using just a clean sock, a recycled plastic bottle and some bubble mix? Educator Lynette will show you how in this video activity.



### Lego-Mania: Make a Fish

Who else loves creating with Lego? Join Educator Robbie for this fun Lego challenge to make your own fish! What colour scales will you give your fish? Unleash your creative side.



### Teacup Gift Cards

Gather up a mix of recycled paper from around your home and let's make some beautiful teacup gift cards for someone special. You can use lots of different patterns, colours and textures.



### Dance Class: Rescue Me

Shake out your arms and legs, Creative Dance Industries is here to lead you through an awesome warm up routine to Rescue Me. Movers and groovers at the ready...



### Nature Play: Mud Painting

Welcome to the Nature Play series with Educator Tiarnah. In this activity we'll be making our own mud paint using mud, water, dishwashing liquid and food colouring. Get ready!



### 7 Min HIIT Workout

Set yourself a timer and let's get moving with an animal inspired workout. Complete all 7 animal movements in 7 minutes. Hop like a frog and run like a cheetah - how many rounds can you do?



### Quick As Lightning Moovosity

Grab a partner, a ball and let's work on agility and reaction times with this Moovosity Challenge before we finish up and cool off with some mindfulness colouring in sheets.



### Kids Kitchen: Butterfly Cupcakes

Calling all young bakers! Today we are going to bake a delicious batch of butterfly cupcakes that are sure to fly off your plate! You will need help from a grown up for this activity.



### 10:1:10 Drawing Challenge

This one is for the aspiring artists out there. Educator Rhys has an exciting challenge for you: the 10:1:10 drawing challenge. All you'll need is a timer, some paper and your favourite pencil.

